



NEW Wellness/ Disease Management Program July 1, 2010

Alere

The State of Delaware believes your health is the most valuable asset you have! We are proud to present an expansion of the DelaWELL wellness program to provide additional ways to assist you and your family members in taking charge of your health and wellbeing. We have partnered with Alere®, a leading provider of health and wellness solutions, to offer these new services beginning July 1, 2010 (The current StayWell® website and resources as well as disease management programs through the Aetna and Blue Cross medical plans will remain in effect through June 30, 2010):

NEW Nurse 24 Toll Free Number- Beginning July 1, you can reach Alere® toll free at (866-674-9103) for program questions, comments, concerns and **Nurse 24**. Nurse24 provides you direct access to a registered nurse to answer health-related questions 24 hours a day, 7 days a week, 365 days a year. Nurse24 also provides you with a convenient way to get information on routine illness and minor injury, or get in touch with other healthcare resources.

Condition Care Program- Condition Care is a personal health support program for individuals with certain chronic health conditions to help them live as healthfully as possible while managing their conditions. After July 1, Alere will contact you with information about this program if you are enrolled in a State of Delaware medical plan and have a diagnosis of asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, low back pain, dyspepsia or osteoarthritis.

NEW DelaWELL Health Portal- Beginning July 1, you will find a wealth of tools and resources on the new DelaWELL Health Portal (www.delawell.alerehealth.com) administered by Alere to help you get and stay healthy. A few of the resources include: Daily Health News Headlines, Fitness and Meal Planners, Symptom Checker, Extensive Health Condition Library, Family Health Information and Games, Healthy Recipes and Food Finder Tool. We encourage you to review all of the tools that are available and make a habit of using them to improve your health.

More Opportunities Coming This Fall- Watch for information about additional opportunities to participate in a year-round wellness program to help you reach your health improvement goals. You will have access to a confidential wellness assessment tool, onsite and online educational seminars, wellness challenges, personal health coaching, health screenings and much more.

There is no cost to you for participating in these personal health support programs, and you are encouraged to take advantage of these resources designed to help you improve your health and wellbeing. Participation in any personal health support program is completely voluntary. The State of Delaware is committed to protecting individual privacy. The State of Delaware will not have access to your protected health information. Only aggregate data is reported to the State of Delaware to identify trends and to target health and wellness activities to best meet the needs of employees and their dependents.

